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Monday, July 18, 2016 metro.us | t: MetroNewYork | f: MetroNew

The Yankees sellers? Why it needs to happen. 26

RNC DIARY
Exclusive dispatches from delegates. 4

Bolaris' forecast: Hot, hotter, hottest. 2

AMBUSH

Three police officers killed and three wounded in Baton Rouge a week after black man's killing set off nationwide protests and violence. 10

East Baton Rouge police officers patrol Airline Highway after three police officers were killed. GETTY IMAGES

3 THINGS YOU NEED TO KNOW

DRAGHI TO ASK GOVS TO COUNTER BREXIT FALLOUT

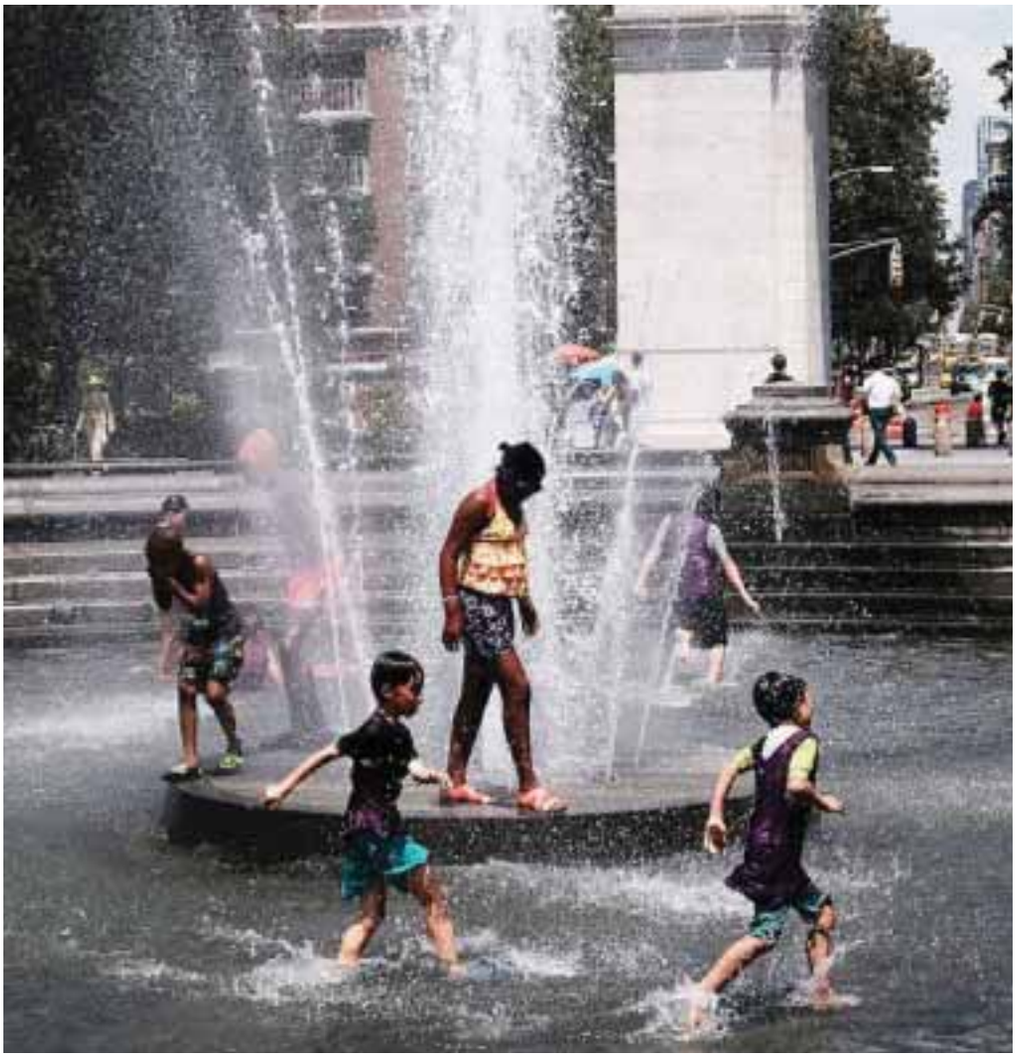
1 European Central Bank President Mario Draghi is likely to plead for governments to do more to boost the euro zone's economy in the coming week as the fallout of Britain's vote to leave the EU and weaker global growth threaten the bloc's fragile recovery. Governments in China, Japan and Britain have already started easing their fiscal stance or hinted at plans to do so as subpar global growth and inflation show that central banks' ultra-easy monetary policy has run up against its limit. The ECB is not expected to change its monetary stance on Thursday, its last meeting before an eight-week summer break. But a reiteration of Draghi's long-standing call on governments to spend more where possible and speed up growth-boosting reforms is once again likely to fall on deaf ears. The only country with significant fiscal firepower, Germany, is reluctant to give up its budget surplus and has resisted any attempt to pool more money at the European level in the absence of greater power-sharing. "We fear, therefore, that Mr Draghi's calls for a loosening of the purse strings will go unheard, at least for now," economists at BNP Paribas said. REUTERS

MALAYSIA AIRLINES SETTLES DAMAGES

2 Malaysia Airlines has struck a deal to settle damages claims for most victims of its MH17 flight that was shot down over eastern Ukraine two years ago on Sunday, Dutch national broadcaster NOS reported. NOS cited Veeru Mewa, a lawyer representing Dutch victims. Under the Montreal Convention, airlines must pay damages of up to about 130,000 euros ($145,000) to victims' families, regardless of the circumstances of a crash. MH17 was shot down over territory held by pro-Russia separatists, killing all 298 passengers and crew. Most of the passengers were Dutch. REUTERS

TURKEY WIDENS CRACKDOWN ON MILITARY

3 Turkey widened a crackdown on suspected supporters of a failed military coup on Sunday, taking the number of people rounded up in the armed forces and judiciary to 6,000, and the government said it was in full control of the country and economy. Supporters of President Tayyip Erdogan gathered in front of his Istanbul home to call for the plotters to face the death penalty, which Turkey outlawed in 2004 as part of its efforts to join the European Union. We cannot ignore this demand," Erdogan told the chanting crowd. "In democracies, whatever the people say has to happen." Pictures on social media showed detained soldiers stripped from the waist up, some wearing only their underpants, handcuffed and lying packed together on the floor of a sports hall where they were being held in Ankara. One video on Twitter showed detained generals with bruises and bandages. Akin Ozturk, head of the air force until 2015 and identified by three senior officials as one of the suspected masterminds of the coup plot, was among those held. REUTERS



Staying cool will be a challenge for New Yorkers and most others in the Northeast with the coming of a long-lasting heat wave this week. GETTY IMAGES

MASSIVE HEAT DOME HEADING EAST

It's been a hot summer for much of the Northeast and mid-Atlantic, with the exception of New England. The I-95 corridor has been generally cooking from D.C. to Philly to New York City, with the unbearable heat and humidity broken only for a few days by strong to severe storms bringing a return to more comfortable humidity levels.

Looking at the latest computer models, a massive dome of pure heat will build across the Midwest over the next few days, producing scorching triple-digit heat.

This massive atmospheric heat dome will shift slowly east through the week, reaching the Northeast by Friday and lasting through next weekend. This should be the hottest and the longest-lasting heat of the summer, with some computer models predicting it will extend through the middle of next week.

Long-range temperature projections have the heat boiling up to 95 to 100 degrees by this weekend and into the first half of next week, meaning very dangerous to life-threatening heat.

Now keep in mind this forecast is still early in the prediction period and we are not locked in on it just yet, but it's something to keep an eye on.

Bolaris' Weather Watch

The only exception to the rule will be New England — you're lucking out, Boston, this summer — as weak backdoor cool fronts could put a lid on any excessive prolonged heat, especially in coastal towns.

If you're planning a vacation starting this upcoming weekend, head for the beaches of Long Island, the Capes of New England and for the shores of New Jersey as the Atlantic Ocean will be the cooling saving grace, although even there you will feel the heat, just not as bad.

New York

Today Hot, late storm, 94

Tuesday: Hot, stray storm, 91

Wednesday: Relief, 83

Thursday: Sun and warm, 86

Friday: Heating up, 95

Weekend: Building heat wave

Saturday: Very hot, 97

Sunday: Hot, 94

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To RNC delegates, it's for the people, by the people

As Republicans arrive in Cleveland, delegates are ready to represent the "will of the people."

ALEXIS SACHDEV
@MetroNewYork
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GETTY IMAGES

Calvin Tucker doesn't foresee Republicans hijacking the party convention this week. And even if they do, they won't get his vote.

"I don't expect to support anyone other than the presumptive nominee, who has won against 16 other candidates, who has spent millions of dollars in the quest to become the nominee, who has gotten millions of votes across this country," said Tucker, who will be representing Pennsylvania's 2nd Congressional District as a delegate this week in Cleveland.

"This process, this system is the system under which we live. We understand the rules," Tucker said. "We have to accept the will of the people."

He said he plans to vote for Donald Trump, in part, because of that will.

"Donald Trump is obviously the last man standing," Tucker said, adding that his two guiding principles in determining who to vote for are electability and last man standing. "And electability has to do with the 270 electoral votes that are needed to become the president of the United States. ... I believe, hands down, that he can win the presidential election."

Mark Townsend
COURTESY MARK TOWNSEND

Mark Townsend, a bound delegate representing Massachusetts, echoed Tucker's sentiments.

"It doesn't seem to me that [a contested convention] is going to happen," Townsend, who initially backed Gov. Scott Walker but ran as a Trump delegate, said. "Trump has well more the number of delegates he needs. I always thought the nominee was going to be one of the people who stepped up and ran. ... As delegates it's our responsibility to honor the will of the voters."

Townsend and Tucker will be describing their experiences at the Republican National Convention this week for Metro's online and print editions.

This will be Tucker's second convention; his first was in 2012, representing Tampa, Florida. He was elected in April as one of Pennsylvania's 54 unbound delegates — the largest group of free agents to converge on Cleveland. Unbound delegates are not tethered to a candidate until voting at the convention.

"I have high expectations politically, but I'm a little bit apprehensive as to what confronts me from a security point of view in Cleveland," Tucker wrote in an email. "The emotions that I currently feel is much different than the emotions that I felt in 2012."

"In 2012, my first national or international news media interview was the first night of the convention, but this year I have had well over 25 encounters with such media outlets," Tucker wrote. "What kind of press coverage awaits me in Cleveland? This also adds to the excitement and thrill of being a delegate in the year of Trump."

Trump took Pennsylvania by a landslide in its April 26 GOP primary: He won all 17 delegates, and took 56.7 percent of the vote, compared to Ted Cruz's 12.6 percent.

Tucker's district is a predominantly Democratic one that includes parts of Philadelphia and Montgomery County — Trump won both, too.

Townsend is traveling to Cleveland from a state that, on many levels, has rejected Trump.

Massachusetts Gov. Charlie Baker is skipping the convention, and he's the only Republican governor to publicly reject voting for Trump. Mitt Romney, the party's 2012 presidential nominee and the state's previous Republican governor, has been among Trump's harshest critics, slamming the real estate mogul for not releasing his tax return and calling for another candidate to replace him at a brokered convention.

That said, Trump won 22 of Massachusetts' 42 delegates in its March 1 GOP primary.

Townsend, who represents the state's 9th Congressional District, said he trusts Trump's platform, including his border- and gun-control beliefs.

"I think we've lost our stature around the world," Townsend said. "I think many of our allies no longer have the confidence in us that they used to have. And I'm not sure how Hillary Clinton, carrying on the policies of Barack Obama, will change that.

"I think he's something we need."

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How much of NYC's recyclables really end up in landfills?

The capture rate can vary widely because many recyclables are thrown in the wrong bin.

CRISTABELLE TUMOLA
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letters@metro.us

Recycling is sorted at the Sims Municipal Recycling Facility, an 11-acre recycling center on the Brooklyn waterfront. GETTY IMAGES

We've all seen it when we've gone to throw out our garbage — a soda can in the paper recycling, a beer bottle in the regular trash. But a new report from the New York City Independent Budget Office sheds light on just how much throwing recyclables in the wrong bin affects where they end up.

The report found that less than half — 44 percent — of recyclable material is "captured" by city recycling programs with the rest sent to landfills, according to data from the Department of Sanitation's 2013 Residential Waste Characterization Study.

This capture rate can vary widely because many recyclables are thrown in the wrong bins, and even make recycling more expensive.

According to the report, 28 percent of aluminum cans collected by the Department of Sanitation are captured in the metal/glass/plastic stream. This low number may partly be from the scavenging of cans, since aluminum is a valuable recyclable.

New York City is paid to recycle paper, as it's the only material for which commodity prices exceed the cost of processing. The capture rate for cardboard boxes and related paper products is 71 percent, which is likely due to the ease of recycling large foldable items like boxes, and the city's continuous history of recycling paper.

Green container glass has the highest capture rate at 75 percent. The report said this was due to its long recycling history, high public awareness and because it's not a valuable recyclable.

At the other end of the spectrum, plastic dishware, which includes single-use plastic cups, plates and cutlery, has the lowest capture rate — only 5 percent.

In April 2013, then-Mayor Michael Bloomberg announced the expansion of the city's recycling program to include for the first time the recycling of all rigid plastics, which also includes toys, hangers, shampoo bottles, coffee cups and food containers.

The new requirement of these recycled materials explains the low number, according to the report.

At the time, Bloomberg said the recycling expansion would result in more than 50,000 additional tons of waste a year no longer ending up in landfills at an annual savings of almost $600,000 in export costs for city taxpayers.

Mayor Bill de Blasio has also made a commitment to reducing the city's waste. According to the Village Voice, which first reported on the Independent Budget Office study, de Blasio, as part of a climate change reduction and sustainability plan, said that the city would contribute no residential waste to landfills by 2030. There is also a commitment to a 90 percent reduction in commercial waste contributions to landfills.

The Village Voice added that at 33 million tons annually, New York City produces more waste than any other city in America. The plan to reduce this waste would include curbside, single stream and organics recycling, zero waste schools and expanded recycling in public housing.

Uber settles lawsuit concerning service dogs in cars

Michael Hingson and Roselle COURTESY

Uber agreed to a settlement with three blind riders and the National Federation of the Blind Thursday, after the group sued the company for denying passengers service because they were accompanied by guide dogs.

The ride-share company agreed to pay $225,000 to the Federation over a period of three years, DNAinfo reported. Those funds will cover the costs for monitors who will now perform random spot checks to ensure drivers are complying with non-discrimination rules.

The company also agreed to some new changes in policy as well as training for its drivers that will include quarterly reminders they are legally required to provide such service.

A driver will be fired if Uber receives more than one complaint about the provider denying service to those with service animals, according to a statement from the federation.

Among the riders named in the lawsuit was Michael Hingson, who escaped the 9/11 terror attacks by walking down 78 flights of stairs with his yellow lab, Roselle.

He told DNAinfo that he's heard many stories about blind people all over the country facing similar discrimination when using the app, and was pleased with the settlement.

"For me and other blind people it means Uber has taken enough of a commitment that their drivers know that if they refuse to take me because I have a guide dog, they won't be Uber drivers anymore," he reportedly said. "It's really a major step."

CHRIS CAESAR

BRIEFS

GETTY IMAGES

Armed robbery suspect shot and killed by police

NYPD officers responding to a report of an armed robbery shot and killed a man in East Williamsburg in Brooklyn on Sunday morning after he fired at them, the Daily News reported.

The shooting happened around 7:45 a.m. on Debevoise Avenue and Jackson Street near the Cooper Park houses, police told the News.

According to reports, the officers tried to stop a man armed with a .40-caliber semiautomatic handgun who opened fire at them. The officers returned fire striking the suspect twice, NYPD Chief Jeffrey Maddrey, the head of Patrol Borough Brooklyn North command, who spoke at a press conference at the crime scene, the News reported.

The suspect, who has not been identified, is believed to be in his 30s.

A witness quoted by the Daily News said before police arrived the suspect pulled a gun on a man and threatened to shoot him while demanding his money, and pistol-whipped another, an elderly man on the street.

None of the officers were shot but two officers involved in the shooting were taken to Elmhurst Hospital for observation, NY1 reported.

JOEL MILLMAN

NYPD officer faces manslaughter, drunk driving charges after crash in Brooklyn

One person is dead and three others are in the hospital after an off-duty NYPD officer — allegedly driving drunk — crashed his vehicle into pedestrians on a Williamsburg sidewalk Friday night.

Nicolas Badka, reportedly assigned to the Manhattan Transit Task Force, was arrested and charged with manslaughter and driving while intoxicated.

"It looked like the SUV swerved to not hit the cars across the street that were parked, and ran into the apartment building, and there was a group of, like, eight people," eyewitness Jaminah King told ABC7.

Bystanders rushed to the crash site to help those injured and also to make sure the driver didn't flee, according to the report. CHRIS CAESAR

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Harlem street murals bring Baha'is' persecution to light

Artists stressing benefits of education, which members of minority religious sect are denied in Iran.

ERIC GIRARD
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Walking along 126th Street in Harlem, vibrant shades of spray-painted color brighten the neighborhood's familiar brick facades.

There's one in the Mandela Garden, another on the Amsterdam News building, and another just being completed at P.S. 154, Harriet Tubman School.

They are the brainchild of Not a Crime (notacrime.me), a nonprofit founded by journalist Maziar Bahari. The organization raises awareness of human rights abuses in Iran, where members of the Baha'i religious minority are denied access to higher education.

The murals feature birds, books and people of all colors with messages like "Knowledge is power" and "The greatest education is your shield and trophy."

"Our goal is to go to the story of the Baha'is in Iran to talk about the universal value of education," said Saleem Vaillancourt, Not a Crime campaign manager and a Baha'i himself.

In 2015, 11 murals were painted in the New York area, including four in Harlem, and this summer Harlem is getting 15 more.

"We are really thrilled to be in Harlem because of its history of the arts and civil rights," Vaillancourt said.

On a recent sunny day, a street artist who goes by the name of Elle was spray-painting the back of P.S. 154. Her collage-style mural will depict two women, one of whom is reading, with "Education is not a crime" in three-foot letters.

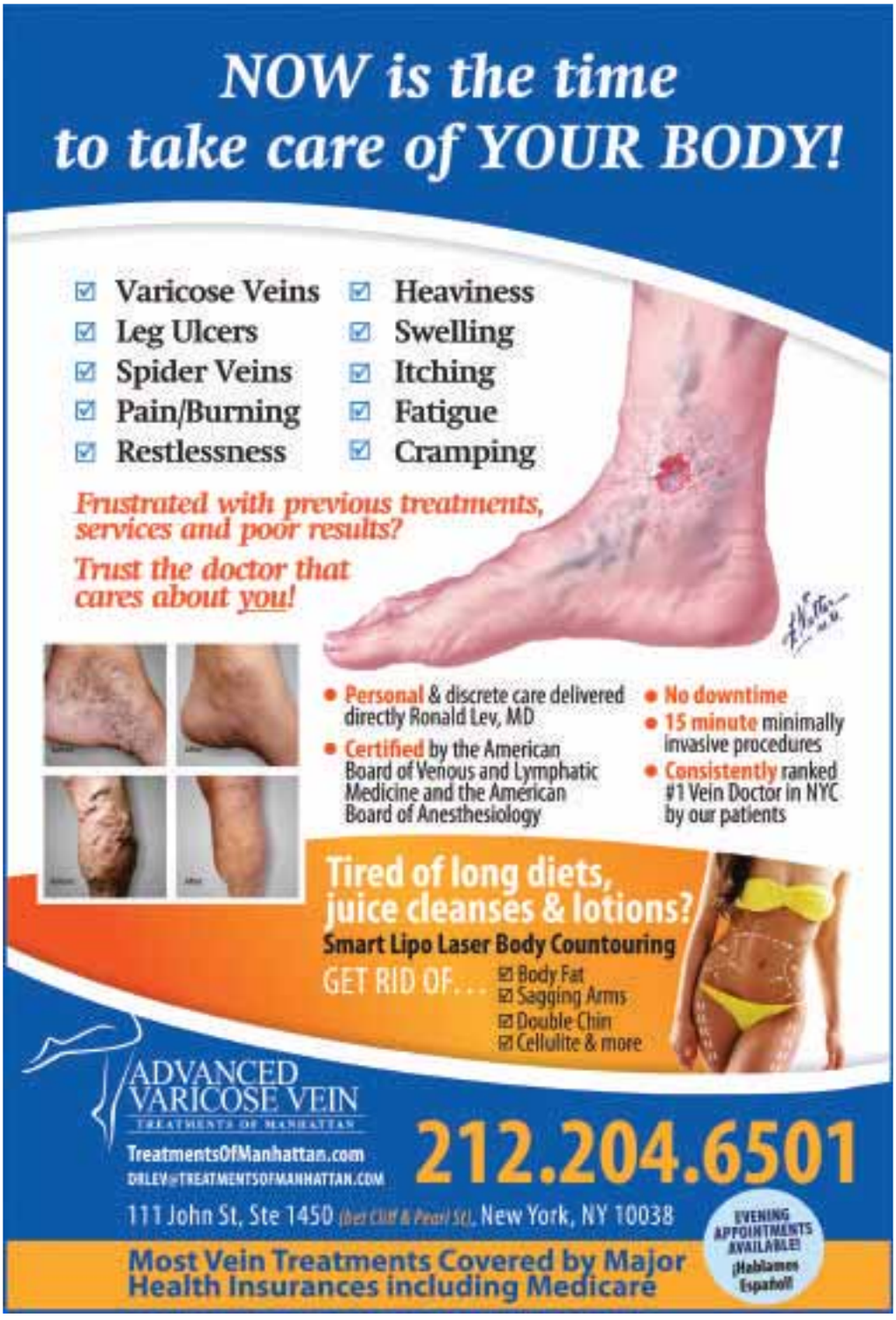
"If you can paint for a cause, it's so much cooler," said Elle, who is based in Greenpoint and Los Angeles and has been working up to 12 hours a day at the school. "If education is someone's dream, they should be allowed that opportunity regardless of their religion or race."

When she was recruited for the project, she hadn't been aware of the plight of the Baha'is, but immediately got on board.

"I was shocked I hadn't heard about what was going on," said Elle, who also did artwork for June's Governors Ball music festival on Randall's Island. "We have the ability to tell people what's happening."

In 2014, Bahari released "To Light a Candle," a documentary

The mural painted on P.S. 154 is part of a street-art project intended to raise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An artist, who goes by the name of Elle, spray-paints a mural on the back wall of P.S. 154 in Harlem depicting two women reading and the slogan, "Education is not a crime."

about the persecution of the Baha'is.

"Maziar thought if we were going to continue the campaign, we should use a different art form, and why not try murals?" Vaillancourt said.

Vaillancourt didn't know much about the scene, but went on a fact-finding mission in New York. He met Andrew Laubie of Street Art Anarchy in Chelsea, who became curator and producer of the murals.

"It was exactly the kind of project we'd wanted to do," said Laubie, who gathered a diverse group of artists to come to Harlem from as far as South Africa, France and Brazil.

Some locals were skeptical of a project involving Iran, Vaillancourt said, but soon the idea caught on with building owners, school administrators and community board members. Now schools are approaching Not a Crime to ask for murals.

The goal is to bring Not a Crime's message to new audiences through a combination of the murals and social media ahead of Iranian President Mohammad Hosseini's September visit to New York for the U.N. General Assembly.

This summer other murals have been completed at the Faison Firehouse Theatre, Storefront Academy, Custom Fuel Pizza, P.S. 7 and Fabco Shoes.

"It adds a cultural aesthetic," said Naomi Jones, a community advocate who lives in Harlem and walked by Elle's mural last week. "I wish the kids could see this: someone being paid to paint something beautiful instead of being arrested for tagging graffiti."

awareness of the persecution of Baha'is in Iran. **ALL PHOTOS BESS ADLER**

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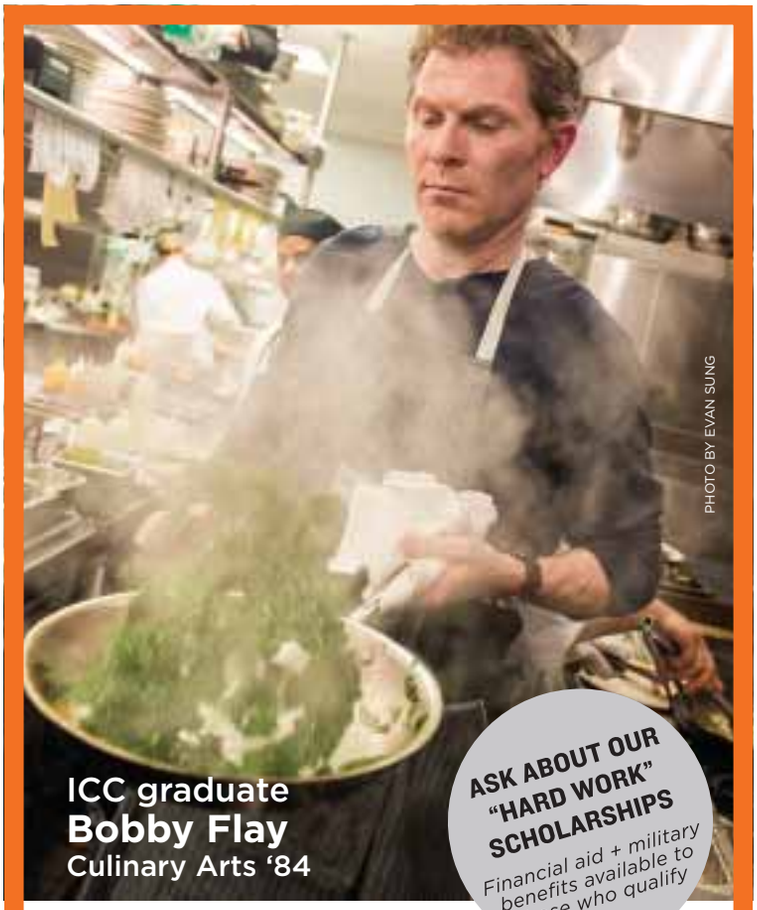
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Baton Rouge police officers patrol Airline Highway after three police officers were killed. GETTY IMAGES

Gunman kills three police officers in Louisiana

Shooter dies in gun-battle with police; motive unclear.

A gunman killed three police officers and wounded three others in Louisiana's capital on Sunday, just days after the fatal shooting of a black man there sparked nationwide protests, one of which led to the massacre of five Dallas policemen.

The officers in Baton Rouge were responding to a call of a man carrying a gun when shots were fired at around 9 a.m. local time (10 a.m. ET). Two Baton Rouge police officers and one sheriff's deputy were killed.

The suspect, identified by a U.S. official as Gavin Long of Kansas City, Missouri, was believed to have acted alone. Investigators suspect a 911 emergency call may have been used to lure police to the scene, the official said on condition of anonymity.

It was not immediately clear whether there was a link between the shootings and the recent unrest over the police killings of black men in Baton Rouge and Minnesota.

Authorities did not give any information about the gunman's possible motive.

President Barack Obama condemned the "attack on law enforcement in Baton Rouge" and vowed that justice would be done.

"We may not yet know the motives for this attack, but I want to be clear: There is no justification for violence against law enforcement. None. These attacks are the work of cowards who speak for no one," Obama said in a statement.

Louisiana Gov. John Bel Edwards called the shooting an "unspeakable, heinous attack" that served no purpose.

"There simply is no place for more violence. That doesn't help anyone, it doesn't further the conversation, it doesn't address any injustice, perceived or real. It is just an injustice in and of itself," he said in the press conference.

Obama has sought to balance concerns about police abuses, largely against African-Americans, while paying tribute to fallen officers. He attended a memorial service last week for the five Dallas police officers killed by a black ex-U.S. soldier at the end of a protest against the fatal police shootings of Alton Sterling in Baton Rouge and Philando Castile in Minnesota.

The Black Lives Matter civil rights movement has called for police to end racial profiling, bringing the issue to national attention ahead of the Nov. 8 U.S. presidential election. Republicans have pushed back, calling for support of the police.

It is a time of especially heightened security across the country, notably in Cleveland and Philadelphia, hosts to this week's Republican National Convention and next week's Democratic National Convention, respectively, which are expected to formally nominate Donald Trump and Hillary Clinton for the election.

"We demand law and order," Trump said in a Facebook posting Sunday afternoon.

The head of a Cleveland police union called on Ohio Gov. John Kasich to declare a state of emergency and suspend laws allowing for the open carry of firearms during the Republican convention.

"I don't care what the legal precedent is. I feel strongly that leadership needs to stand up and defend these police officers," Steve Loomis, president of the Cleveland Police Patrolmen's Association, told Reuters in an interview.

Loomis said he was concerned about copycat shootings at the Republican convention.

A spokeswoman for Kasich said the governor did not have the power to suspend the open carry law.

Sunday's shootings occurred about a mile from the Baton Rouge Police Department headquarters, where dozens of people were arrested this month while protesting Sterling's death. The 37-year-old African-American father of five was shot and killed at close quarters by law enforcement officers on July 5.

One of the injured officers was listed in critical condition, while the other two were in fair condition, according to hospital sokespersons. REUTERS

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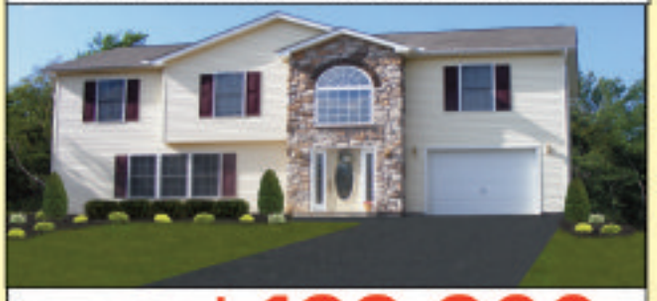

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Developer of Nintendo's Pokemon Go aiming for rollout to 200 markets

"Why limit it?"

Pokemon Go app GETTY IMAGES

The head of the developer behind Nintendo Co Ltd.'s (7974.T) Pokemon Go said he wanted to launch the smash-hit mobile game in roughly 200 countries and regions "relatively soon" and was working on bolstering server capacity to enable the wider rollout.

The game, which marries a classic 20-year-old franchise with augmented reality, has taken the world by storm despite having been launched in only five countries — the United States, Australia, New Zealand, Britain and Germany.

"Why limit it?" John Hanke, chief executive of Niantic, which developed Pokemon GO jointly with Nintendo affiliate Pokemon Company, said in an interview with Reuters on Friday.

He declined to go into a detailed time frame for further rollouts but noted that the company's first location-based augmented reality game Ingress had taken a month or two to reach that number of markets.

His comments helped Nintendo shares on Friday surge another 10 percent, setting a record in daily trading volume for an individual stock on the Tokyo bourse. The shares have climbed 86 percent in just over a week, adding $17 billion in market value.

He confirmed that the game would soon be coming to Japan and that he expects "ultimately to launch" the game in South Korea, where Google's mapping functions are restricted due to security issues with North Korea.

Hanke said Niantic, which was spun off from Google last year, is working on the mapping issue. "There are solutions to that," he said.

South Korea is the world's fourth-biggest gaming market after China, the United States and Japan, according to Amsterdam-based research firm Newzoo.

But he was more reticent about prospects for a launch in China, saying only that there are regulations that have to be considered.

Hanke said the company is considering introducing a sponsorship scheme similar to one it has with Ingress, which designates sponsors' stores and vending machines as spots in the game.

Sponsors pay per customer visit, providing a revenue stream in addition to in-app purchases. Niantic currently has eight corporate sponsors for Ingress globally, including SoftBank Group Corp (9984.T), and the number is likely to be similar for Pokemon Go, he said. REUTERS

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For the first time, scientists to sequence genes in space

Given her background in researching some of the deadliest pathogens on Earth, including Ebola, colleagues of newly arrived astronaut Kate Rubins had expected her to want to do "crazy science fiction" on the International Space Station.

Instead, Rubins pushed for carefully controlled experiments with a mix of a bacteria, a common virus and mouse cells, all already repeatedly sequenced and safe for testing in the space station's closed-loop environment.

Rubins, a trained microbiologist who arrived at the space station on Saturday, will be using the samples to put Oxford Nanopore's MinION sequencer — a pocket-sized DNA sequencer — through its paces.

The tests are intended to prove whether the technology can be used to understand microbes

Kate Rubins GETTY IMAGES

in the space station, to scan fellow astronauts for genetic changes that could diagnose illness, and in future missions, potentially to test samples from Mars and elsewhere for signs of DNA-based life.

One of the first things the scientists need to prove is just how well the machine operates in microgravity. "Technology behaves differently up here. Fluids behave differently up here," Rubins said in an interview with Reuters on Thursday from the International Space Station.

The MinION sequencer, which is about half the size of a smartphone, operates fundamentally differently from current DNA sequencers, said Sarah Wallace, a microbiologist at the National Aeronautics and Space Administration's Johnson Space Center in Houston.

With most sequencers, scientists put in a sample and it runs for 24 to 48 hours, then stops. The station's sequencer displays its analysis as it works.

The MinION DNA sequencer is among the nearly 4,900 pounds of cargo scheduled to be launched to the station on Monday aboard a SpaceX Dragon capsule.

It will be the first use of the machine in space, Wallace said in a news briefing on Wednesday.

Currently, samples from space must be frozen and flown back to Earth for analysis. REUTERS

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Security concerns mount

Gov. John Kasich lacks the authority to suspend state laws about openly carrying firearms.

Cleveland's police union called for the suspension of a state law that allows people to carry firearms during the Republican National Convention but Ohio's governor said he was powerless to act despite heightened security concerns with the killing on Sunday of three police officers in Louisiana.

Republican Donald Trump seized on the shooting deaths in Baton Rouge, Louisiana, to bolster his case the United States is leaderless and he is the better candidate in the Nov. 8 U.S. presidential election to restore law and order than his rival, Democrat Hillary Clinton.

It was not immediately clear if there was a link between Sunday's shootings and recent unrest countrywide over police killings of black men, one of them a shooting in Baton Rouge about two weeks ago.

Despite a lack of clarity about the motive and specifics of Sunday's incident, Trump portrayed the country as "divided and out of control."

He issued statements on Twitter a day before the opening of the four-day Republican Convention in Cleveland this week due to formally nominate him for the White House.

After the shootings in Baton Rouge, in which three other police officers were wounded, the head of Cleveland's police union asked Gov. John Kasich to suspend state laws allowing people to openly carry firearms, but Kasich said he lacked the authority to do so.

Kasich, a Republican who lost his bid for the White House to Trump, issued a statement through his spokeswoman Emmalee Kalmbach, saying:

"Ohio governors do not have the power to arbitrarily suspend federal and state constitutional rights or state laws as suggested. The bonds between our communities and police must be reset and rebuilt — as we're doing in Ohio — so our communities and officers can both be safe."

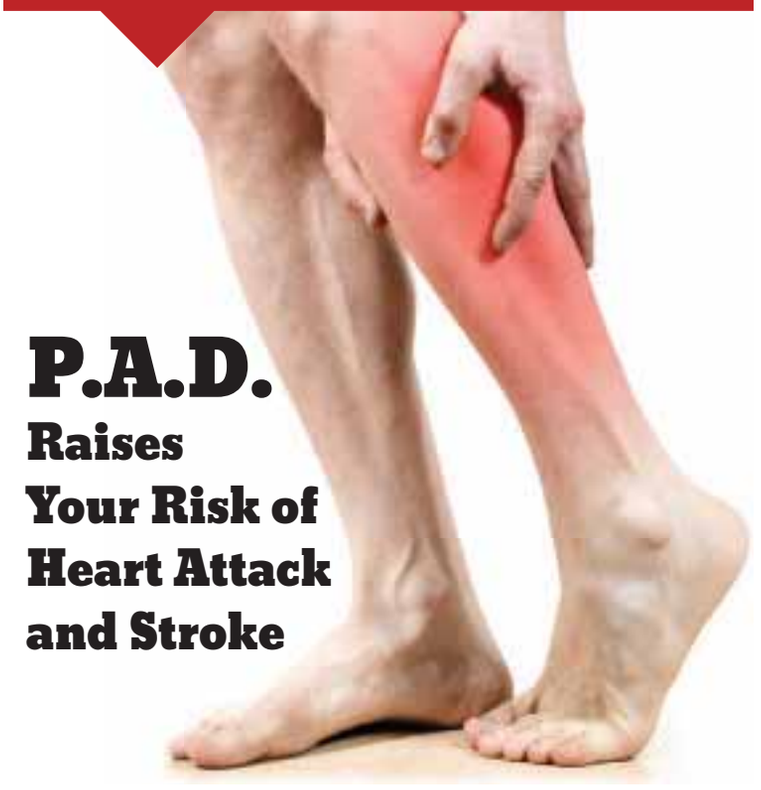
Clinton had no immediate comment on the latest violence.

No delay

There were no plans to delay Monday's start of the convention, where thousands of Republican delegates are gathering amid a threat of protests both for and against Trump, 70, a businessman-turned-candidate.

Security was extraordinarily tight with downtown streets lined by concrete traffic dividers and tall metal fences, propelled by a new urgency after an attacker drove his truck into a holiday crowd in Nice, France, last week, killing 84 people.

Trump sought to link the violence to the U.S.-led fight against Islamic



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ahead of Republican convention

State, writing: "We are TRYING to fight ISIS, and now our own people are killing our police. Our country is divided and out of control. The world is watching."

Trump enters the crucial week trailing Clinton in most national opinion polls and needs a bounce from the convention to vault him into a more competitive position.

Republican strategist Hogan Gidley said the violence gave relevance to Trump's message.

"It's something that Donald Trump and his crowd were already prepared to talk about," he said. "This is an epidemic in this country now and we've got to solve it."

A lone member of a group supporting the carrying of weapons openly speaks to the media at what was supposed to be a march ahead of the Republican National Convention. GETTY IMAGES

Nixon in 1968

Democratic strategist David Axelrod tweeted that Trump's effort to make himself a law-and-order candidate reminded him of a similar attempt by Richard Nixon in 1968, when the Republican won his first presidential election.

"Someone's been studying '68," Axelrod tweeted.

Trump's goal at the convention is to get more American voters to take a fresh look at him and, he hopes, to see him in a more favorable light, after his victory over 16 other Republican candidates in a brutal battle marked by insults and inflammatory rhetoric that left many in the party divided.

To that end, many speakers will talk about their views on Trump, from daughter Ivanka to women's pro golfer Natalie Gulbis."It's going to be a very personal convention. I mean, you're going to have his family speaking. You're going to have friends who have known him speaking," Trump campaign manager Paul Manafort told CBS's "Face the Nation."

Many longtime party fixtures are staying away from Cleveland.

Republican National Committee Chairman Reince Priebus, who has been a private counselor to Trump, said Trump is now pivoting slowly to the general election and the convention will help.

"He's never run for anything before. ... I think it's just taken longer to pivot, and I think he's pivoting," Priebus told NBC's "Meet the Press."

The convention will also provide Republican faithful with their first look at his vice presidential running mate, Indiana Gov. Mike Pence, who was announced on Saturday after a messy selection process. REUTERS

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Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But We Do Get
One Very Common Complaint

And it is: *"I wish I started this treatment much sooner."* Let's be very clear about this. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. Isn't it time for you to get rid of your knee pain and start living the life you want and deserve?

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and eventually- the more pain. If you wait "past the point of no return", the entire knee joint can be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically *"dries up."* The lubricating fluid that decreases is called *"synovial fluid"*. Pharmaceutical companies can now make synovial fluid-like compounds that... during treatments... doctors precisely and directly apply these gel-like medicines into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating pain.

be why.

In fact, by using Precision Arthritis Targeting Technology, ***NY Pain MD*** doctors are able to double confirm the precise placement of the arthritis medicines used. This is to help ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups. Just like all medications, some people respond better to some than others. While many doctors only use one type or brands, the experts at ***NY Pain MD*** use several and great effort is taken to figure out which is best for YOU.

What To Do Next If You Are In Pain
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NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and find out if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***.

For a complimentary screening, call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the procedures offered at ***NY Pain MD*** are often covered by many insurance plans, union plans work comp and even Medicare. Call to schedule your screening * 800 2 2 7 KNEE

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live a pain free. life again

By Matt Edgar - America's Health Writer

NY Pain MD, a center for Non-Surgical Medical Relief For Spine And Joint Pain Relief, **is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting can drastically decrease your chances to live a pain free life again.**

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery. *Please pay careful attention.*

What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried what seemed to be similar treatments to what we are going to talk about and *did not get the results they wanted.* But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that can possibly make it much more effective for many … and it often gets results when many others have failed.

This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the *"average"* patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years .. or even permanently cancel it.

What Are Treatments Like?

Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. Often ignored by many other clinics, if the procedure is just slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use what they call "Precision Arthritis Targeting Technology" or **P.A.T.T.** so they can see the medicine going directly into the knee joint - in live motion- during the treatment.

Research shows that doctors performing procedures without Precision Arthritis Targeting can miss the joint as much as 30% of the time. If you had viscosupplementation (or Stem Cells or PRP) without the exactness of P.A.T.T. and did not get good results - this may

"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon

I had (replacement) surgery scheduled last year. Three months before I made an appointment .... I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at *NY Pain MD* were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's .. it's like exact science. ***Dr. Stanley Weiner MD***

"Hey this feels terrific"

I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. The NY Pain guys said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** When I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I don't have any pain any more"

After I had the treatments .. the last tuneup ..

"I feel like a new woman -It's amazing."

the word

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Lady Gaga pulled over two weeks after getting a license

Don't worry, Lady Gaga: It happens to the best of us.

Gaga was driving a red Ford pickup truck down the Pacific Coast Highway in Los Angeles when the police pulled her over. The incident occurred just two weeks after the 30-year-old pop singer got her driver's license.

Gaga took to Twitter to confirm the event, telling her fans that she was pulled over because she hasn't received plates for her new car yet. "Ya I got pulled over. Big deal! I just haven't received plates yet for my new pick up!" she wrote.

Two weeks ago, Gaga shared her excitement about getting a license on Instagram, posting a photo of herself behind the wheel with a friend: "Thelma and Puhleaaaze (And yes I FINALLY got my license after years of driving w an adult present and a learners permit) IM FREE Rollin w the homies," the caption reads.

According to TMZ, Gaga's run-in with the police didn't take too long — the incident seemed pretty mild, and it's unclear if she was issued a ticket.

We guess she didn't need to practice her poker face with the cops to get out of this one.

ALL PHOTOS GETTY IMAGES

Aaron Carter sued by former employee

It looks like Aaron Carter's party is crashing down on him pretty quickly.

A former employee is seeking $50,000 from Carter, claiming the former child star and brother of Nick Carter, of Backstreet Boy fame, refused to pay him for his work on Carter's website.

In the lawsuit, a man named John Cantu said he had agreed to develop and maintain a website for Carter. But after requesting payment last month, Cantu claims the 28-year-old singer dismissed him as an "intern" and refused to pay, according to TMZ.

In addition to suing Carter, Cantu fired back by crashing the website and replacing its contents with a link to his personal Twitter account, urging visitors to "follow a genius" instead. The website is now offline.

Though he has yet to release an official statement, Carter seemed to fire back at Cantu and at the lawsuit via social media: "There is a sufficiency in the world for man's need but not for man's greed. I rest my case," he tweeted on Sunday.

Zayn Malik actually gets a cool tattoo

Zayn Malik's secret is out: He's also a Star Wars geek, just like the rest of us.

On Friday, the former One Directioner got a tattoo of a lightsaber on the side of his middle finger. Even cooler, the ink glows a bright blue under UV lights.

Malik's longtime tattoo artist, Jonathan "Jon Boy" Valena, took to Instagram to debut his latest work on the 23-year-old singer. "May the force be with you @zayn #uvink #starwars #jonboytattoo," the caption reads. Jon Boy has also done tattoos for celebrities like Justin Bieber and Kendall Jenner.

@JONBOYTATTOO/INSTAGRAM

Will Gigi Hadid, Malik's girlfriend, be the next star to sport a Jon Boy tattoo? Because we'd love to see one of Hollywood's biggest power couples don matching lightsaber tattoos in the near future.

Demi Lovato is hooking up with an MMA fighter

Demi Lovato's new beau is a stone-cold knockout.

According to Us Weekly, the singer is now hooking up with MMA pro fighter Guilherme "Bomba" Vasconcelos. The two met while working out at West Hollywood's Unbreakable Performance Center.

Three weeks ago, the Brazilian fighter posted a video of his win during the Bellator MMA tournament on Instagram. In the clip, he receives a warm hug from Lovato, who was sitting in the front row.

Still, don't expect the couple to be getting serious anytime soon — according to sources close to Lovato, the pop star is only trying to have fun and meet new guys after breaking up with Wilmer Valderrama last month.

After six years together, she and the actor released a joint statement about their breakup on Instagram, explaining that they were "better as best friends" and would "always be supportive of one another."

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Benjamin Bratt finds sympathy for a devil

Benjamin Bratt plays a higher-up in Pablo Escobar's drug cartel who has no idea one of his closest allies (Bryan Cranston) is an undercover federal agent. DAVID LEE, BROAD GREEN PICTURES

The actor plays a semi-likable member of Pablo Escobar's drug cartel in "The Infiltrator."

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Benjamin Bratt was a little worried about doing "The Infiltrator." The film recounts one of the largest criminal round-ups in law enforcement history, when a team of federal agents — led by undercover god Robert Mazur (played by Bryan Cranston) — got in deep with a wing of Pablo Escobar's drug cartel. He wound up busting dozens of his employees in one fell swoop.

Bratt plays Roberto Alcaino, one of Escobar's higher-ups, to whom Mazur got so close the two became close friends. Alcaino is still alive and behind bars, and Bratt hopes the ex-drug boss likes his performance.

It's kind of amazing that this hasn't been made into a film already.

What I found remarkable when I first read the book was how cinematic it is, almost to the point of unbelievability. Even the way they capture, arrest and indict the 85-plus criminals at the end, it feels like a movie rather than something that really happened.

Maybe one reason is because some of those involved are still alive and might not want the story told.

A lot of forethought went into whether it was a smart idea to turn this into a film. That led me to an equally personal consideration in terms of taking this job on. I've had the opportunity in the past to play people who have pre-existed or left some mark on society. But never someone of this class, where the potential fallout if they don't like the performance is pretty grave. [Laughs] It gave me some pause, I must admit.

You do actually give him humanity, though. He's not a stock villain.

I hope he reads this article and thinks as much. [Laughs] It was the chance to play someone who was multidimensional, very complex and in possession of many qualities I admire personally in a friend or a family member. He's a man of integrity, a man of principle, a man who's discreet and family-oriented, a loving husband — what's not to like about a guy like that? Of course, the kind of business he's in has a very serious and heavy fallout for those who cross his path. He's using a twisted logic to explain why he does what he does. He has a line where he says, "I could be sweating my balls off working in a restaurant somewhere. But I'm fulfilling a need." It's a question of practicality in his mind, a question of supply and demand. He grabs the American dream, the notion of coming from nothing and rising to something, and twists and turns it to explain what he does.

We may even feel sympathy for Roberto. He puts his trust into Bob, unaware that he will betray him.

What it speaks to, whether you're on the right side of the law or the wrong side, is that when we're double-crossed it's hurtful. You see when Bob Mazur is in the courtroom facing the 85-plus families of those indicted. He saw those stares, those looks like laser beams of accusation and hurt and betrayal. Even though we see a bad guy get betrayed, what we're feeling is when that happens to us. And it doesn't feel good.

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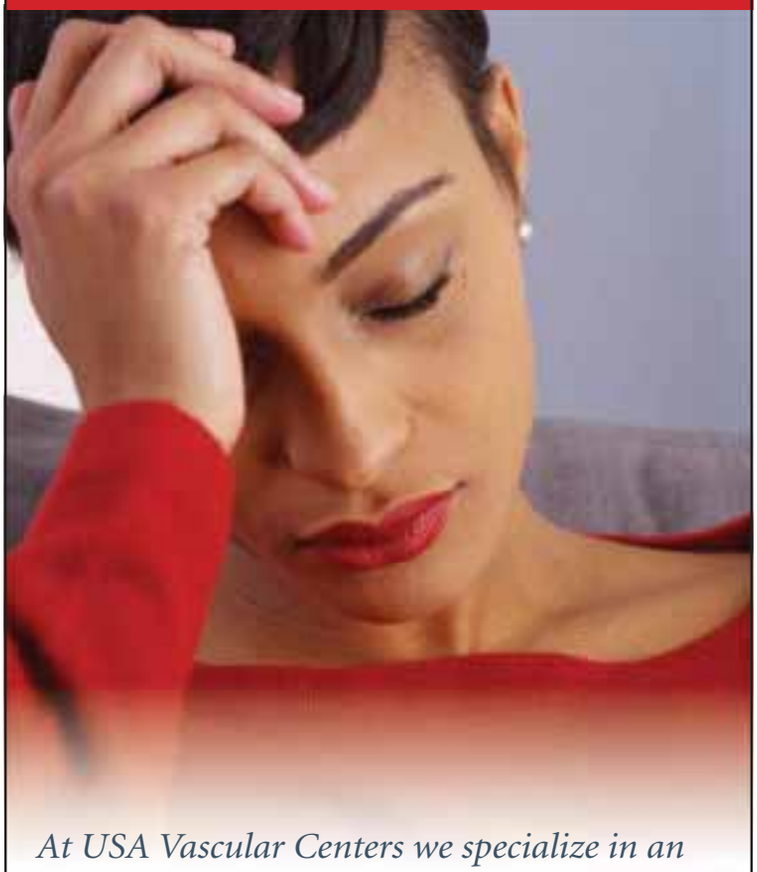

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Life after 'Hamilton'

NATE JENSEN, INN8CREATIVE

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"It is scary."

A.D. AMOROSI
@MetroNewYork
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A few days after Philadelphia native Leslie Odom Jr. won a Best Actor Tony for his portrayal of Aaron Burr in "Hamilton," his June-released debut album reached the No. 1 spot on the iTunes Jazz chart. Not long after that, Odom left his role in the Broadway smash July 9. Though it was his choice to move on, it wasn't an easy decision for the longtime theater and television actor.

"It is scary," he says. "'Hamilton' is the first job I've had with job security in my life. I'm not used to regularity. So if anything is bittersweet, it's me leaving 'Hamilton.' I will miss these people and I will miss that role."

Mention how weird it must have been to beat out "Hamilton" creator Lin-Manuel Miranda, a man more brother than co-star to Odom, for that Tony, and Odom says it was a tempered victory.

"Still, it was Team Hamilton. I was rooting for one of us and would've applauded if either of us won," he says. "Half of what I do as Burr comes from looking into Lin's eyes."

Luckily, Odom has the security of his gig as a jazz crooner with "Leslie Odom Jr.," an album produced two years ago and given bright, additional orchestral touches by his new record label, S-Curve. The singer had to shift his singing style from Broadway's big vocal tones to jazz's elegant, rhythmic nuances, focusing on intimacy, the delicacy of his message and emotion.

"This, oddly enough, is closer to my training," he says of songs like "Autumn Leaves," "Look for the Silver Lining" and "The Guilty Ones" from another Broadway hit, "Spring Awakening."

"'Hamilton' was a stretch; that braggadocio, the Kendrick Lamar within me. That's not within me, but I had to make Aaron Burr honest and authentic."

Next up: a residency at the McKittrick Hotel's Manderley Bar while gathering material for his next album. "We're never about rushing, but this feels good," he adds. "It's taken me 15 years in this business to achieve success. I'm devoted to seeing what we can create in that space and what opportunities we can procure."

But if another "Hamilton"-size stage opportunity came his way, would he eschew it?

"No way."

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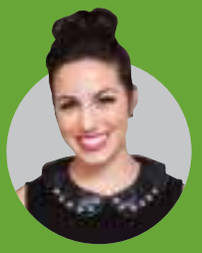
How to spot a lazy dating profile

LAURIE DAVIS EDWARDS

Single and Swiping

Laurie Davis Edwards is the founder of eFlirt, an online dating concierge service, and the best-selling author of "Love @ First Click: The Ultimate Guide to Online Dating."



If you're bored, they're bored. ISTOCK

"How do I tell if a match is worth messaging?" is a question I hear often because when you're on a site or an app, you date the matches you pick. If you swipe left or skip over someone, you won't meet them, so how can you judge who's a good match for you based on merely a few sentences and photos?

If you're looking for a relationship, attraction and compatibility should take equal priority when you're viewing matches. But it's so easy for attraction to take over. I can't tell you how many times I heard a client say they chose a match "because he's attractive." While cute is always a plus, it's more likely a date will be awesome if he or she also piques your interest with their words.

Every profile doesn't have to be a novel, but there's a fine line between keeping things simple and being flat-out lazy. Here are some ways to tell the difference.

They are lazy if they only uploaded one profile photo. Come on, everyone has a smartphone in their pocket these days. Taking profile photos isn't hard.

They're also lazy if their whole profile is generic. If you still don't know anything specific about your match after giving their bio a read, move on to the next. They didn't put any effort into showing you who they are so all you're going off of is photos, which won't guarantee a good date.

Size really doesn't matter. Despite taking a simple approach to their profile, if your match is being distinct and specific with their interests, they have put in the effort that matters. They're still showing you who they are even though there aren't many words on the page. So if you think they're cool, go ahead and say hey. Hopefully, it will lead to your next great date.

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Sweatworking is next level networking

Metro editor Alizah Salario tried out the latest workplace trend.

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Sweatworkers break bread at the Westin Times Square after a run. PROVIDED

jobs & education

HOW TO GET AHEAD

Some hybrids are unexpectedly delightful (the cronut) while others (bacon-flavored toothpaste) are less inspired. I was recently tasked with a challenge: to find out where sweatworking falls on the continuum of unconventional mergers.

Sweatworking, as its name suggests, is the combination of a physical activity — running, yoga, indoor cycling — with networking. The trend has been touted as a way to strengthen communication, overcome workplace obstacles and avoid the stilted pretences of traditional networking.

Because sweatworking has gone full Tae-Bo in its trendiness, this intrepid (or not) reporter was game. I was drawn to the two-birds-with-one-stone aspect: At the very least, I could get in a run while technically working. Besides, we'd all be in the same schvitzy boat.

My sweatworking event of choice was a 5K run. Chris Heuisler, national RunWestin concierge, whom I met at the outset of the event at the Westin Times Square (sponsor of the event), compared the trend to a modern day game of golf — you might keep your focus on the green, but a lot of schmoozing happens while riding around in the cart.

In short, I survived. Here's what I learned.

You don't need to be networking while working out

After a group stretch, we set off from the Westin on 43rd and 8th Avenue, running a few harrowing blocks while dodging tourists in the cesspool that is Times Square. The first person I spoke with was a lovely woman who does wholesale marketing for Joe's Coffee. We didn't need anything to break the ice — talking just felt natural as we kept the same stride. Though I can't call it a legitimate career connection, I promised that if she got Joe's Coffee into my local food co-op, I'd buy it.

Everyone sweats — get over it

By the end, I felt my face turning red. A momentary flash of insecurity hit, then I noticed the guy in front of me. His shirt is drenched. I feel slightly better about myself. At a stoplight, I introduced myself to another runner who did social media analytics for large companies.

Again, while I can't call it a traditional connection, I learned about social analytics, which inspired me — I'm a journalist who tracks her posts— to be more tech savvy. Together, we huffed toward the finish line.

Ultimately, it's less awkward than standing around drinking

When the official networking began back at the hotel bar, staff passed out towels, fancy cocktails and superfood snacks — nuts, dried fruits, trendy-looking seeds of some sort.

I introduced myself to Alicja Wojczyk — I wanted to connect because I heard she hosted sweatworking events at FlyWheel, where she does PR. Wojczyk noted that consultants from Goldman Sachs and Citibank will often take a FlyWheel class together before work. For them, it's not necessarily a chance to make new connections but to build on the ones they already have.

My takeaway: Getting your heart rate up is a great pregame for networking. People seemed looser, more positive and more at ease. Though I'm not convinced that you're going to make more connections than at a traditional networking event, you'll probably have more fun.

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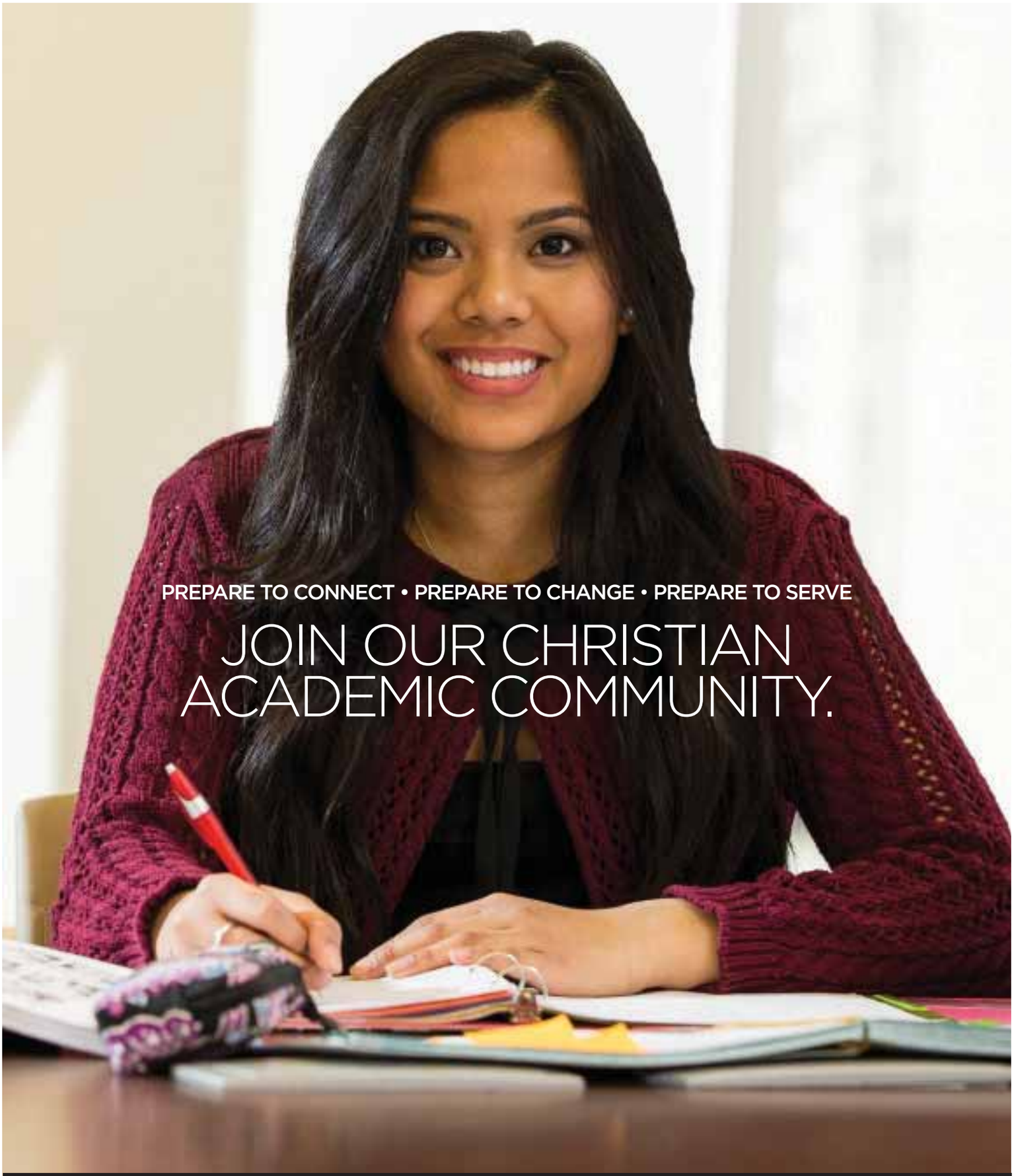

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Inmate education is key to success on the outside

The Prison-to-College pipeline at John Jay College gives the formerly incarcerated a second chance.

ALIZAH SALARIO
@Alirosa
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When Devon Simmons started college, he was not a recent high school graduate living on a bucolic campus. He was a prisoner at the Otisville Correctional Facility, a medium security men's institution about two hours from New York City.

"To finally utilize my talents was really a blessing, and in the process I got to learn new things, and look at things from a different perspective," says Simmons, 34, who began his coursework during the 12th year of a 15-year sentence.

Simmons was part of the first cohort of students in the Prison-to-College Pipeline program, an initiative of John Jay College of Criminal Justice and Otisville that began in 2011.

The program is unique in that college credits earned behind bars are transferrable, allowing formerly incarcerated individuals to continue their education upon release. CUNY professors are brought in to teach at Otisville, and students in John Jay's criminal-justice students travel to the facility once a month to learn alongside their incarcerated peers, challenging minds and stigmas in equal measure.

"I had a sense of purpose, knowing that out of the hundreds that applied, I was one of the eight people who actually was accepted into the program," says Simmons, who will begin studying at John Jay College in the fall. "Because no one in my family actually went to college, so it gave me an opportunity to rewrite my story."

Soon, 12,000 prisoners across the country will have the opportunity to rewrite their stories too. In June, John Jay was one of 67 institutions nationwide asked to participate in the Second Chance Pell Pilot Program, which makes incarcerated students eligible for federal education funding.

> *"The truth of the matter is, higher education has proven to be cost-effective in regards to recidivism."*
> Simmons

In the Philadelphia area, Bloomsburg University of Pennsylvania, Lehigh Carbon Community College and Villanova University are part of the pilot program, as well as Mount Wachusett Community College in the Boston area.

The program represents a major win for criminal-justice reform — in 1994, Congress banned Pell Grants to prisoners — and enables the John Jay program to nearly quadruple its enrollment to 150 students from about 30, says Dr. Baz Dreisinger, founding academic director of the Prison-to-College Pipeline and the author of "Incarceration Nations: A Journey to Justice in Prisons Around the World."

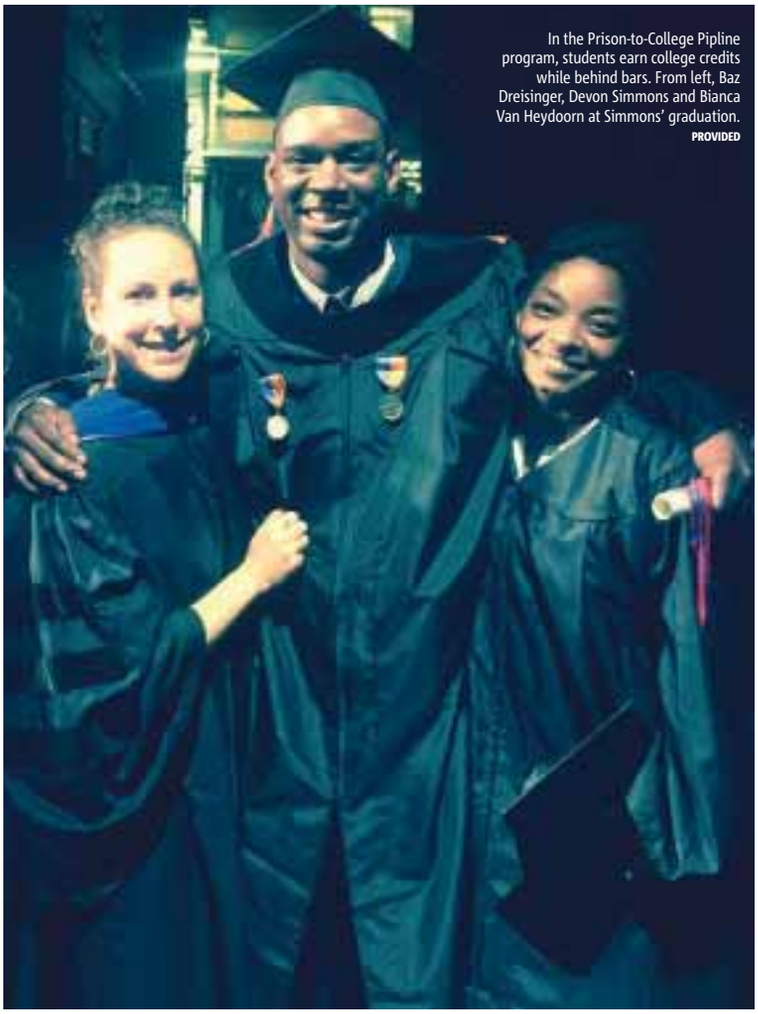
Says Dreisinger: "There's increasing bipartisan recognition that education in the context of prisons is economically, morally and socially the right thing to do."

Rewriting his story

In 1999, four weeks before graduating from high school, Simmons was charged with first-degree assault and sentenced to 15.5 years in prison. In his first decade behind bars, he earned his GED and continued to seek knowledge, learning about the law in pursuit of appealing his case and reading numerous autobiographies, including Malcolm X's, which gave him a sense of motivation and hope.

Even though he'd been out of the classroom for 12 years, Simmons wanted to apply to the Prison-to-College program. To qualify, inmates must have high school diplomas or GEDs, be eligible for release within five years and go through a competitive application process that includes writing a letter of interest and passing the City University of New York assessment tests.

The coursework is rigorous, and students are encouraged to think critically about the world beyond prison walls. Simmons' as-



In the Prison-to-College Pipline program, students earn college credits while behind bars. From left, Baz Dreisinger, Devon Simmons and Bianca Van Heydoorn at Simmons' graduation. PROVIDED

signed readings inspired him seek texts outside the classroom, such as Desmond Tutu's "No Future Without Forgivenes." For one assignment, he wrote about the importance of funding education for incarcerated individuals.

"The truth of the matter is, higher education has proven to be cost-effective in regards to recidivism," says Simmons. "I don't see how society wouldn't embrace that when, ultimately, these are individuals coming back to their community, right?"

Another aspect of the program he's most proud of is its ripple effect on those around him.

"I would like people to know how infectious [education in prison] is. It spreads like a disease. I might be the one sitting in the dorm who's actually taking college courses in the facility. When other people in the dorms see me up late at night doing my papers, constantly reading books, they begin to wonder, and with that, they start asking questions and saying, 'Wow, if this guy could do it, maybe I could get my GED, maybe I could engage more in my vocation or trade,' or whatever it is they're doing to better themselves."

Now on the outside, Simmons is a student success mentor at John Jay, where he speaks in classrooms about the criminal justice system.

> *"I would like people to know how infectious [education in prison] is. It spreads like a disease."*
>
> Simmons

"I have a lot of power when I come into these classrooms, especially these criminal justice classrooms, because I bring a different perspective," Simmons says. "These textbooks, they talk about incarceration, and they talk about policing, but they don't really talk about the perspective from a prisoner's view, or they don't talk about the individual who has been arrested."

It's also in the classroom where Simmons can voice his opinions and challenge misconceptions about the incarcerated. And it's not just sitting in a classroom, but being anchored to an institution, that allows him to do so.

"If I wasn't in college, and I was just somebody [who got out of prison], people would say, 'Why are you questioning police brutality? Why don't you just follow the rules?' But as a student, it gives me the liberty to question everything. It gives me the liberty to question who, what, where, why. That's critical thinking. So that's why I take great pride in being a student, because it alleviates the stigma of a convict who has a disregard for the system for the rules of society."

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WHY IT'S TIME FOR THE YANKEES TO SUCK IT UP AND SELL

OPINION

MARC MALUSIS
@marcmalusis

This is how the Yankees season has gone up until this point in time: The debate for weeks has been what should they do at the MLB trade deadline. Not that they should be buyers, but should they be sellers. Should they trade veterans like Carlos Beltran, Aroldis Chapman and Andrew Miller to contending teams for young pieces that can hopefully secure a brighter future.

A couple of weeks back, Yankees president Randy Levine said, "I don't pay any attention to any of that. That's for you guys [with] nothing more important to write about than to write nonsense. When we decide to become sellers, if we decide to become sellers or if we decide to become buyers, you'll know. The difference is that most of you guys have never run anything and we have a lot of history here of knowing what we're doing. We have] a lot of confidence in our baseball operations people. So, we'll see what happens. All the rest is just noise."

I may have not run any sort of organization in my life and the closest thing was probably a lemonade stand when I was a kid trying to add to the old piggy bank.

However, I do know what I am watching when I watch the Yankees this season and that is an average to below-average team that is a far cry from the championship-caliber teams that made the old Yankee Stadium their home in the late '90s, As the Yankees lost their second straight after the All-Star break to the Red Sox, they are two games under .500 and continue to play with the same consistency that they showed in the first half of the season. They are consistently average or a tad below.

At least when I grew up watching the Yankees in the '80s, they were exciting and dysfunctional. In the late '90s, the suspension of George Steinbrenner and the patience with prospects paid off as I witnessed the greatest era of Yankees baseball since I was born. They owned this city as they lived in October and the reclaimed their place among the baseball elite.

What the Yankees are left with now are bad contracts on old players who are no longer worth the money they are being paid. Now, the Yankees franchise is paying the price for all the big-money, long-term deals. At some point, you will pay the price and the Yankees certainly are.

There have been reports that Yankees management and their baseball people look at this team differently. The Steinbrenners and Levine don't want to strip this team down, while Brian Cashman and the baseball people want to make multiple trades before Aug. 1 and want to think about the future.

Good closers are hard to come by, and the Yankees will have to ponder trading theirs. GETTY IMAGES

I have never run a baseball franchise, but I have watched enough baseball over my lifetime to know when a team is a contender or a pretender. The Yankees have had the look of a pretender this entire season. Lack of consistent starting pitching and a lineup that lacks any trademark punch has defined the 2016 Yankees.

I understand it is a difficult decision for the Yankees because they certainly don't want to turn the city over to the Mets and close up shop for the last two months of the season. After all, that is not the Yankees way. With that being said, if you are not a true contender then you are just wasting time, and the Yankees have been wasting time for some time now. Just as it is not the Yankees way to be sellers at the MLB trade deadline, you certainly can not be buyers this season. Cashman would often say over the years that teams needed to show they deserved reinforcements before he would go out and try and strengthen a team in any given year. Simply said, they need to show they were a team of quality and had a chance to make a run to the playoffs.

This team has shown none of those qualities. After winning their series against the Indians in Cleveland to close out the first half, they already lost the opening series to begin the second half to the Red Sox.

And while we are at it, take a good look at Boston as they have young cornerstone pieces in Mookie Betts, Xander Bogaerts and Jackie Bradley Jr. Can you tell me the cornerstone position players on the Yankees? Didi Gregorius?

I get it Randy, Hank and Hal. You do not want to lose money and TV ratings and be playing in front of even more empty seats in the early fall. I get it. But it is time to actually show how smart you want people to think you are. The majority of fans know what this team is. It is about time that you realize it and accept it. The longer you live in denial, the more painful this will be. Don't worry about the fans as I believe they are willing to take a hit this season for the chance to get it right for consistent long-term success.

Remember when the Yankees were a title contender and not just a playoff contender? There is a BIG difference, and you don't have to run a baseball franchise to understand that.

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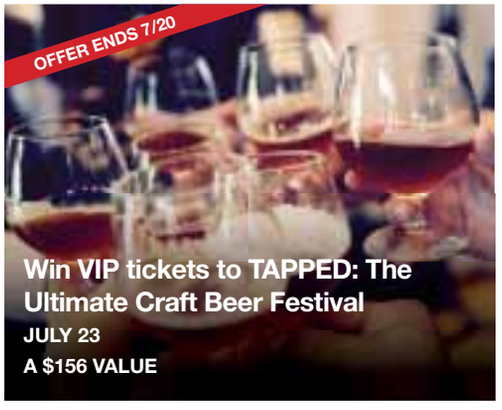

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Foster update: Dolphins, Pats, Giants favorites

Arian Foster has maintained that he'll be "healthy for training camp" and is "hungry" to regain his 2012 form. The problem is that training camp is almost here, and Foster is not employed by an NFL team. Here's a look at the odds of where the former rushing champ winds up.

Dolphins (9-5)

Miami met with Foster in March but the team has maintained that it likes back Jay Ajayi. New head coach Adam Gase told Yahoo! That Ajayi will be given ample opportunity to be the Dolphins' every-down back.

"We really don't believe in 'Hey, you're just a first and second down back.' I don't know what that means," Gase said. "We look for guys that can stay on the field all three downs because we're not looking to sub personnel."

Translation: "We need another running back."

The Dolphins have smartly played hardball with Foster, but this still looks like the most obvious landing spot.

Patriots (5-1)

The longer this thing plays out, the more likely it becomes that Foster winds up in New England. Bill Belichick loves scooping guys like this up in August after the player runs out of options.

Giants (7-1)

Rashad Jennings is the main man, but New York could use some quality depth.

Arian Foster is still a free agent. GETTY IMAGES

Raiders (10-1)

Oakland needs some depth at the running back position as well and Foster would be an excellent third down solution.

Bears (16-1)

Chicago seems ready to roll with Jeremy Langford, mostly because it has an offensive line that could open holes for anyone with a set of legs.

Colts (20-1)

NFL Network analyst Michael Robinson thinks that Frank Gore is still a top-10 running back in the league. Calling BS on that. Gore is 33 years old, ancient in running back terms, and Foster is 29. Indy should think about signing Foster and hoping either Gore or Foster plays like it's 2011.

Broncos (30-1)

Denver doesn't have a great back on its roster, but in 2016 you don't need one. The Broncos do have depth as they have C.J. Anderson, Ronnie Hillman and Devontae Booker on the roster. MATT BURKE

Knicks starting 5: How does it measure up to top East teams?

Two-fifths of the projected starters got a head start on building chemistry, last week, as point guard Derrick Rose and power forward Kristaps Porzingis joined newly-signed backup point guard Brandon Jennings and Sasha Vujacic in a 90-minute workout in Los Angeles.

How will their starting five measure up?

1 Cavs

LeBron James, Kyrie Irving, Kevin Love, Tristan Thompson, Iman Shumpert

The Knicks aren't anything to sneeze at, because Carmelo Anthony has historically given LeBron fits on the offensive end, Porzingis is ascending, and, if healthy, Rose and center Joakim Noah can do damage, too. But there's too many "ifs" for the Knicks to say their starters are better than the Cavs just yet. Edge: Cavs.

2 Boston Celtics

Isaiah Thomas, Avery Bradley, Al Horford, Jae Crowder, Amir Johnson

The Cs are one of the better rosters in the league, top to bottom. But other than All-Star point guard Thomas and newly-inked former All-Star power forward Horford, there's no real star power on the starting unit. Edge: Knicks.

3 Toronto Raptors

DeMar DeRozan, Kyle Lowry, DeMarre Carroll, Patrick Patterson, Jonas Valanciunas

The Raptors' All-Star backcourt of DeRozan and Lowery may be the best in the conference, but their frontcourt isn't overwhelming. Anthony and Porzingis team up with the intense pivot to provide New York with arguably the conference's best frontcourt and gives the Knicks' starters the slight advantage. Edge: Knicks.

4 Indiana Pacers

Paul George, Jeff Teague, Monta Ellis, Thaddeus Young, Myles Turner

The Pacers' starting five, with George (a top-10 player) and Teague (a borderline All-Star) can compete with anyone in the league and will be a sneaky threat to the Cavs for conference supremacy. Edge: Pacers.

5 Chicago Bulls

Rajon Rondo, Dwyane Wade, Jimmy Butler, Taj Gibson, Robin Lopez

Going by just star-power, the Bulls' Big Three of Rondo, Wade, and Butler is as good as any in the conference. Ultimately, it comes down to the Knicks having too much talent in the frontcourt and a relative push at point guard that helps them. Wade is the only surefire advantage Chicago has in head-to-head matchups. Edge: Knicks.

TONY WILLIAMS

Kristaps Porzingis will have a much better supporting cast this season. GETTY IMAGES

NYSPI IRB Approved 5/13/2016 -> 5/1/2017

Are you *depressed?*

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GCO 12-0266
06/29/2016 to 06/28/2017

Contact Megan at
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Does your child or teen struggle with symptoms of inattention, hyperactivity, or impulsivity?

Researchers at New York State Psychiatric Institute are looking for children and teens with Attention Deficit/Hyperactivity Disorder (ADHD) to participate in a study using MRI technology to examine how an FDA-approved medication affects brain structure and function in ADHD. Participation involves psychological evaluations, magnetic resonance imaging (MRI), and 3 months of treatment with stimulant medication and/or behavioral therapy.

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To learn more, please call **646-774-5703** or e-mail **ADHDMRI@nyspi.columbia.edu**

NYSPI IRB Approved

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The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.

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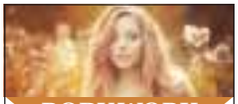

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NOTICE OF FORMATION of Wealth Max Realty LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 06/10/2016. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o PO Box 65, New York, NY 10032. Purpose: Any lawful activity.

NOTICE IS HEREBY GIVEN, that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage control Law at 141 Nagel Ave., New York, NY 10040. New York County, for on premises consumption. WFRB, Inc.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 100-05 Metropolitan Ave., Forest Hills, NY, for on premises consumption. Har Sinai Foods LLC.

NOTICE IS HEREBY GIVEN that a license, Number Pending, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 176 Smith St., Brooklyn, NY, for on premises consumption. Sycamore Foods LLC.

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↓
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↓
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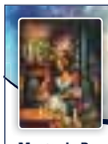

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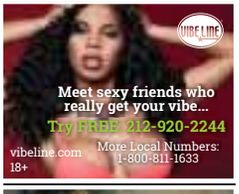

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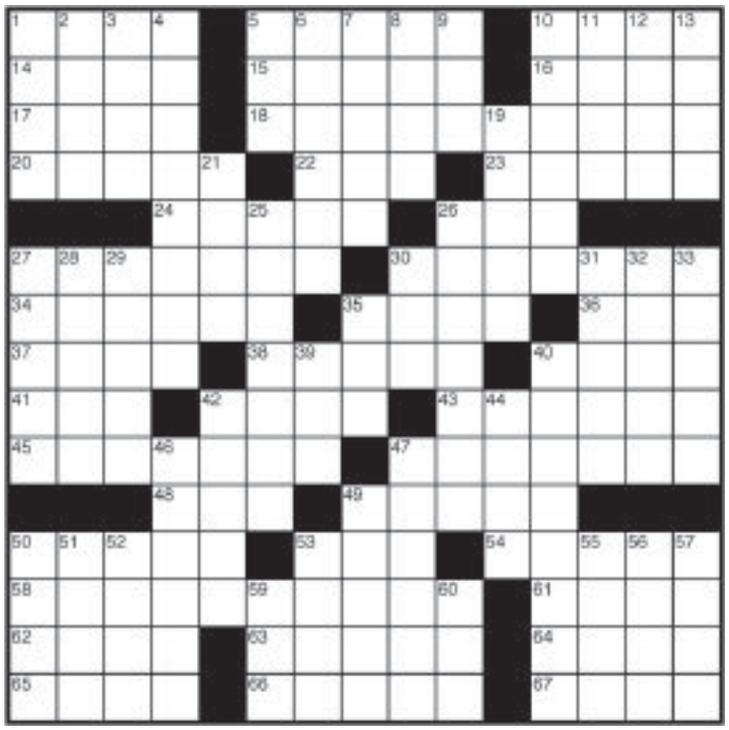

Across

1 Mouth off
5 Culture mediums
10 Hong —
14 Mr. Clapton
15 Galileo taught there
16 Black-and-white snack
17 Wasatch ski resort
18 Wallet contents (2 wds.)
20 Pitcher's spot
22 Size choice
23 Cub Scout leader
24 "The Many Loves of — Gillis"
26 — alai
27 Following the herds
30 Olive stuffer
34 Play wrap-up (var.)
35 Pear-shaped fruits
36 Amateur-sports org.
37 Wins at rummy
38 "— new?"
40 Kind of prof.
41 Hydrocarbon suffix
42 Twins, e.g.
43 Fly
45 Dizzy feeling
47 Resident
48 "Kidnapped" monogram
49 Tack
50 Space shuttle's path
53 Go off-course
54 Ph.D. exams
58 Difficult (2 wds.)
61 Not a repro.
62 Backless slipper
63 Grimm heavies
64 Without the ice
65 Skewer
66 Bamboo muncher
67 Spade et al.

Down

1 Line of stitches
2 A Guthrie
3 In — (as found)
4 Sensations
5 Aries mo.
6 Irish tongue
7 Old saying
8 Gruff
9 Remark
10 "Lend Me Your Comb" guy
11 Sarah — Jewett
12 Explorer Alexandra David- —
13 Prado painter
19 Polite addresses
21 Long-gone bird
25 VIPs
26 Picture puzzles
27 Mideast desert
28 Say one's piece
29 Sourdough
30 Quarry
31 Twangy
32 Preference
33 Exterior
35 Mi followers
39 Cable network
40 Wing parts
42 Like river bottoms
44 Kill a bill
46 Hot dish stand
47 Grew light
49 Aberdeen kid
50 Electrical units
51 Stay in the Army (hyph.)
52 "— Ha'i"
53 Guru's practice
55 Land measure
56 Mr. Neeson
57 Some NCOs
59 Ike's party
60 Cookie-selling org.

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easy

	1				6	2		7
		2		1				
			9	2		1		
6							3	8
8		9	4		3	7		5
5	7							4
		5		7	8			
				9		8		
9		7	3				6	

hard

9		4			7			6
	7	1			2	4		
8			4				1	5
			6					
7		8				3		2
					9			
3	8				5			4
		2	8			6	7	
1			2			8		3

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Aries Don't make assumptions. You are better off doing a job right the first time, even if it requires you to solicit input from others. Romance will ease your stress.

Taurus Tread carefully. You may have an opportunity to do or learn something new, but don't neglect your domestic duties or you will be faced with a personal dilemma.

Gemini Don't jump into something just because others do. Have a mind of your own and don't overspend or indulge just to fit in with the group. Put your faith in facts, not in your friends.

Cancer It's not worth letting a co-worker or colleague get to you. Stay calm and take care of your responsibilities. It's what you accomplish that counts.

Leo Enthusiasm takes you a long way when you are dealing with friends and people with goals similar to yours. Exercise and a healthy diet will bring excellent results.

Virgo Express your feelings and share your ideas and plans. Not everyone will come onboard, but at least you'll know who is with you and who isn't.

Libra Get out with friends or someone you enjoy working alongside. Your accomplishments will result in greater stability. Get moving. Romance is in the stars.

Scorpio Choose wisely with whom you share your thoughts, ideas and plans. Not everyone will see things your way. You need to prepare before you make your feelings known.

Sagittarius You need to work to improve your financial, emotional and physical positions. Find out what's required of you to turn a negative into a positive, and keep whatever you do simple.

Capricorn Share your thoughts and guide those around you to make wise choices. Your input will help you gain respect and appreciation. Close a deal, negotiate or take on a new project.

Aquarius If you have a job to do, get it out of the way. Complaints will be made if you aren't up to date or in the know regarding what's expected of you.

Pisces Your power of persuasion will help you get your way, but once you do, make sure you can deliver on the promises. If you give it your all, you'll get a high return. EUGENIA LAST

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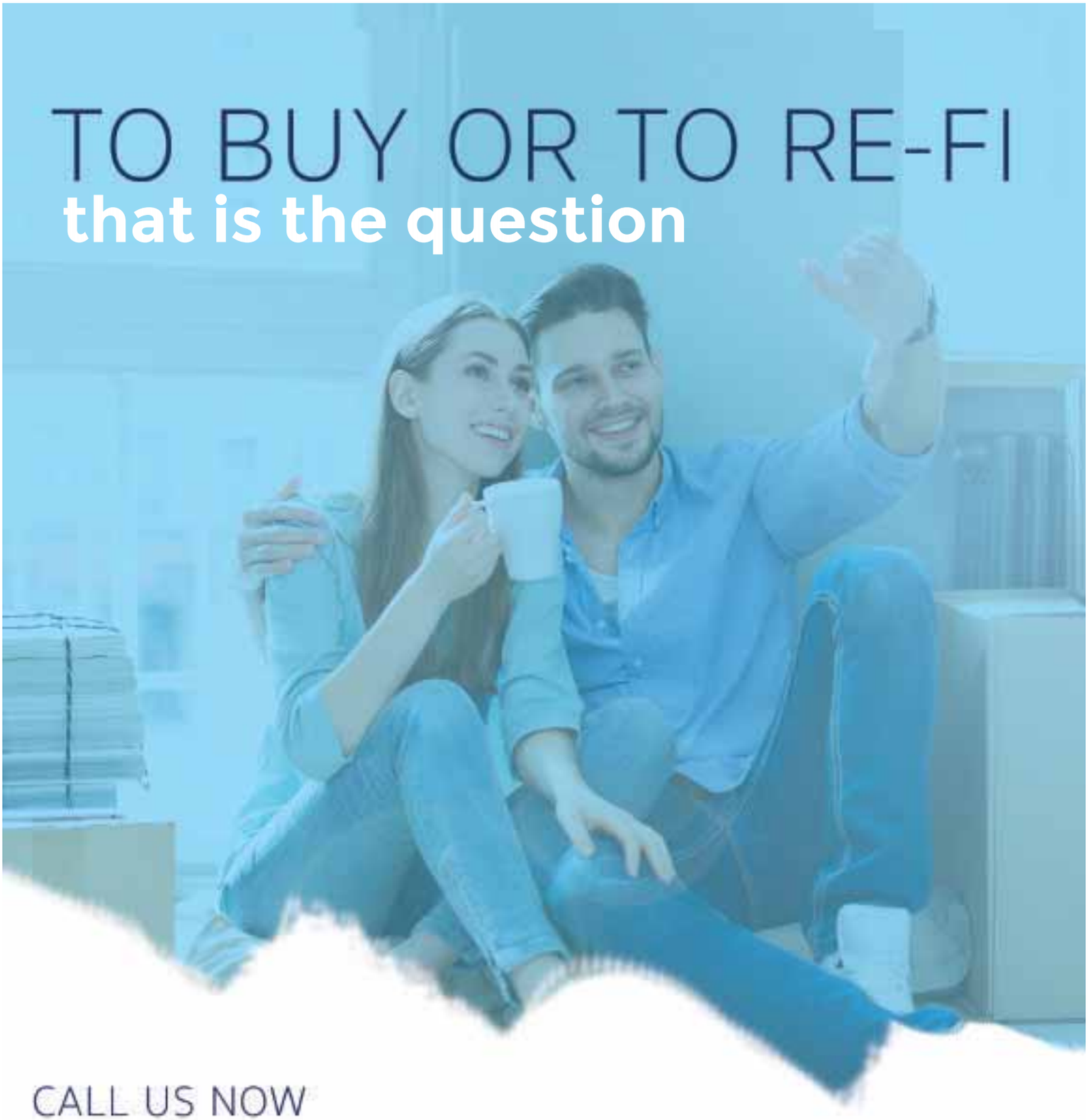

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